


Veggie Reward Chart

List each veggie that you try. Put a sticker on the chart each time you eat that veggie. When you try a veggie 10 times, you will earn a non-food reward given to you by your parent.

Name _____

Month _____

Name of Veggie	Taste #1	#2	#3	#4	#5	#6	#7	#8	#9	#10	Reward
<i>Broccoli</i>											

Talk to your nutritionist if you have more questions!



Care you feel good about. | 866.246.8259 | www.chnny.org

